

KODIAK



BEAR



for
CUTLER
MUNRO

GREAT JOB!

Paul

W. H. J.

John

Edgar H.

GREAT JOB CGC MUNRO

Boarding conducted by USCGC MUNRO boarded the F/V NORTHWESTERN. The NORTHWESTERN is Capt'd by Sig Hansen and is one of the vessels featured on the Discovery Channel show "The Deadliest Catch"



Dean Andrew of Andrew Airways

The Commandant of the United States Coast Guard takes great pleasure in presenting the United States Coast Guard Meritorious Public Service Award to Mr. Dean Andrew of Andrew Airways for services rendered while piloting DeHaviland Beaver float plane N1545 near Kodiak, Alaska on January 5, 2008. Responding to a desperate MAYDAY from a nearby aircraft, Mr. Andrew was the first person on scene when a Piper Navajo Chieftain, with 10 persons onboard, crashed shortly after takeoff, into the icy Alaskan waters near Kodiak Airport. With the nearest responding U. S. Coast Guard and Alaska State Trooper assets still several minutes away, Mr. Andrew rapidly assessed the crash site, and skillfully maneuvered his aircraft through the blustery 30-knot winds and 3-foot waves toward the floundering survivors. Recognizing that several of the victims had been badly injured in the crash, Mr. Andrew leapt from the cockpit of his aircraft, onto the ice-covered floats, and single-handedly pulled all four hypothermic survivors out of the frigid water. After a frantic and unsuccessful effort to find additional survivors, Mr. Andrew carefully marked the position of the crash, which allowed arriving emergency response personnel to find the site quickly, and transported the four survivors to awaiting emergency medical care. Mr. Andrew's selfless and decisive performance was directly responsible for saving the lives of the only surviving crash victims. The actions of Mr. Andrew are most heartily commended and are in keeping with the highest traditions of the United States Coast Guard.



Captain Steven Stark and Crew of the F/V HERITAGE

The Commandant of the United States Coast Guard takes great pleasure in presenting the United States Coast Guard Meritorious Public Service award to Captain Steven Stark and crew of the Fishing Vessel HERITAGE for services rendered on November 17, 2007. In the early morning darkness of the 17th of November 2007, the Fishing Vessel PACIFIC LADY, with one person on board, foundered and sank in hurricane force winds and high seas 70 nautical miles southwest of Kodiak Island. As Coast Guard assets launched in response to the PACIFIC LADY's emergency position indicating radio beacon, Captain Stark courageously turned his vessel into the heavy seas and began the dangerous transit towards the scene of the accident. For over two hours, Captain Stark and his crew braved 20-foot seas, 50-knot winds, and freezing spray in an effort to render assistance. Arriving on scene, Captain Stark coordinated with the Coast Guard response assets to meticulously scan the wind streaked ocean. After 30 minutes of intense searching, Captain Stark and his crew located the lone survivor in a life raft being battered by the storm. Demonstrating exceptional seamanship, Captain Stark maneuvered his vessel through the mountainous seas to safely recover the wayward mariner. With the master of the PACIFIC LADY safely aboard his vessel, Captain Stark and his crew steamed over 26 hours to Kodiak, Alaska to deliver the survivor of the PACIFIC LADY to safety. The actions of Captain Stark and the crew of the Fishing Vessel HERITAGE are heartily commended and are in keeping with the highest traditions of the United States Coast Guard.

ESU Kodiak and the hidden reservists
By LTJG Cal Fless

As you walk around the largest US Coast Guard base in the world, you see many types of people from all around the country, but what don't see are the reasons why they are here. One interesting story that goes mostly unnoticed is reservists back-filling active duty counterparts, when our needs with for the war on terror call. At ESU Kodiak, there are two stories that, at first glance, may seem like more active duty member doing their regular rotation in beautiful Kodiak Alaska, but in reality, we are part time members participating in full time roles.

I'm LTJG Cal Fless and I was born and raised in Toronto Ontario Canada until the age of 13. In 1991, I moved to Florida and attended High School in Cocoa Beach. In close proximity to Cape Canaveral and Patrick Air Force base, I got a glimpse of military operations and was taken at the complex nature of it all. After graduating High School in Green Bay Wisconsin, I enlisted in the Navy for 5 years as a C-130 Aircrewman/Loadmaster. After my enlistment, I returned to Wisconsin and pursued a degree in Economics from the University of Wisconsin. Through my career as a student and a Naval Reservist, I was exposed to joint force operations that included the Coast Guard and was immediately very interested. Upon graduation from university, I attended Reserve Officer Candidate Indoctrination and receiving a commission at the Academy in New London Connecticut. I was initially intending to stay in Wisconsin as a reserve officer with Sector Lake Michigan and pursue a civilian career as an Investment Principal with SII Investments in Appleton, WI. But the intrinsic value of a Coast Guard career kept calling. After a little research and endless e-resume submissions to active duty positions, I got offered a year assignment in Kodiak Alaska at the ESU. The spot opened up because the current billet holder at the ESU, LTJG Jeff Purkey, was needed to lead a very challenging, deployable Joint Forces team in support of the efforts in Iraq and Afghanistan. I am currently on Title 10 active duty orders in support of a contingency and planning to keep pursuing an active duty career with the greatest Coast Guard in the world.

My reserve brethren, IT2 Chad Wray, was born and raised in Kansas City Missouri, also had his eyes on a long term career with an intrinsic value that would fulfill his spirit. After graduating high school from Lake of the Ozarks Missouri, Chad worked his way up the ladder to become Sales Manager for a local Mattress company, but some larger purpose still lingered. To answer this thirst, he followed the honored path that his Grandfather laid down in World War 2 as a Signaller in the US Coast Guard. Chad enlisted as a Boatswain Mate in the Coast Guard Reserve, all the while balancing a very demanding civilian career. If that couldn't top his already busy schedule, he volunteered for missionary work in Thailand and Burma. While over in the south pacific, Chad received a call to 5 months of active duty back in St. Louis Missouri, which he quickly dropped everything and supported the effort for the war on terror. The active duty personnel at Chad's unit in St. Louis were deployed to another state to assist with out-loads of troops and equipment going to Iraq and Afghanistan. After this active duty experience, Chad's interest grew into a desire to become a full time member of the Coast Guard team. IT2 Chad Wray is currently a reservist on EAD (extended active duty) orders at ESU Kodiak as well and intends to pursue the current career path that he is on. He says he finds his job very challenging, rewarding, and fulfilling.

These are just samples of the stories that are often executed, but not publicized to the general public or even our fellow Coast Guard members. A large amount of reservists leave family and friends to attend these long term Coast Guard need assignments that cannot be filled by the current amount of personnel. The balancing of two careers and long distance family arrangements place a large pressure on current civilian employers and families. But the benefits and pride that are attached with are assignments, we think, are well worth the effort.

Every active and reserve story is unique.





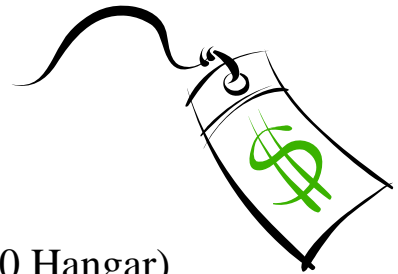
**SPRING CLEANING?
or
TRANSFERRING FROM THE
EMERALD ISLE?**



Join the
COAST GUARD OFFICERS' SPOUSES' ASSOCIATION
For its
**ANNUAL
FLEA MARKET**



Saturday, March 29
10am to 2pm
(7-9 am set up)
(2-3pm clean up)



USCG Base Hangar 1 (the big C130 Hangar)
9-10 am reserved for military ID card holder shopping

Spaces are approx 18 x 18
Available for **\$20 by March 15**
\$25 After March 15
(You Provide Your Own Tables)

Please make payment to "OSA".
Include your name, address, phone #, and number of spaces requested.



For information
call
Carrie Breitung
487-9777

Only payment will reserve your space.



Valid Driver's License Required to get on Base



Military Child Education Coalition NASA Space Camp Scholarship



NASA Space Camp is a place where kids come together for a journey they will never forget. The Military Child Education Coalition has created a Space Camp scholarship in memory of one of its brightest and finest children, Bernard Curtis Brown II. Bernard, the 11-year-old son of Chief Petty Officer and Mrs. Bernard Curtis Brown, was killed on September 11, 2001.

The Bernard Curtis Brown, II Space Camp scholarships are funded by the Military Child Education Coalition (MCEC) and other donors. The scholarship covers: **Full Tuition, Includes meals, lodging, program materials, and transportation (from student's home base to nearest Space Camp and return).**

U.S. Space Camp is a five-day program located in Huntsville, AL that shows youngsters what it takes to be an astronaut. Activities include simulated Space Shuttle missions, training simulators, rocket building and launches, scientific experiments, and lectures on the past, present, and future of space exploration.

For more detailed information about Space Camp, visit their Web site at: www.spacecamp.com, <http://www.militarychild.org/www.spacecamp.com>

Eligibility Requirements

Each student applicant must:

- * be a child of an active duty military parent,
- * be enrolled in grades 6 through 9,
- * write an essay stating why he or she should be selected,
- * submit two letters of recommendation with contact information, and
- * complete and submit application by the deadline.

Other considerations for receiving the scholarship include:

- * evidence of patriotism,
- * future goals and community service
- * "after-camp" plans for sharing information.

**Space Camp Application deadline is
March 10, 2008**



For more information, please visit MCEC at <http://www.militarychild.org/> or call (254) 953-1023.

Most Overlooked TAX Deduction: **Military reservists' travel expenses**



If you are a member of the National Guard or military reserve, you may deserve a deduction for travel expenses to drills or meetings. To qualify, you must travel more than 100 miles and be away from home overnight. If you qualify, you can deduct the cost of lodging and half the cost of your meals, plus 48.5 cents per mile (and any parking or toll fees) for driving your own car. You get this deduction whether or not you itemize.

Are you looking for a rewarding career that allows you to:

Stay at home and earn money working in your own household

Serve as a role model for young children

Offer a much-needed service to the Coast Guard Community and Receive training and guidance towards earning an

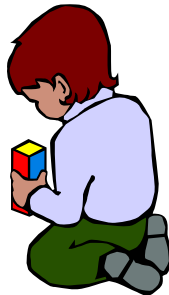
Early Childhood Degree (ECD)

Become a Family Child Care Provider

Join the network of Providers that have made a difference

Call now to get started

Karen Perkins
Family Resource
Specialist
487-5525 x 274



Cabin Cache

487-5087

Hours: Wed 10:00 am-4:00pm

Friday 11:30am-3:30pm

Saturday 12:00pm-4:00pm

Cabin Cache carries unique gifts for babies, weddings, Secret Pals, and just because gifts. Our products are all made by local artist and crafters, and are constantly changing. We have beautiful jewelry, leather crafts, baby clothes, Stain Glass, bath and body products, Kodiak jackets, coasters, clocks, and many more wonderful items. We try to open on the days advertised, however, we are an all volunteer organization, and sometimes we just can't be open. If you would like to help us keep Cabin Cache open more hours please feel free to contact us at 487-5087. There are several benefits for volunteering. We are always looking for new consignees. We are located on the first floor of the Commissary building. Cabin Cache is operated by the OSA and our profits go to local charities.

AMERICA SAVES WEEK

OFFERS ASSISTANCE TO THE FINANCIALLY-TROUBLED

Now that Congress has approved a stimulus package with payments to most households, financially-stressed Americans should consider using these funds to pay down high-cost debt and add to savings. That will help protect them from unexpected expenses like car repairs, home repairs, etc. and will also help protect against any income losses. **People with outstanding credit card debt are well advised to use the money to pay down their debt.** Over the long-term, as the financial condition of American households grows stronger, so will an economy plagued by fewer personal bankruptcies and mortgage foreclosures.



Useful tools can be found on the new America Saves Week website (www.americasavesweek.org). The site includes a "savings checklist" and easily accessible information about how to pay off high-cost debt, save effectively for emergencies, and save effectively for retirement. It also references an America Saves personal wealth estimator which has shown many users that they had more net wealth than they had assumed. **It also talks about how the "miracle" of interest compounding can help most families, over time, build six- or even seven-figure assets.**

As the national economy weakens, financially-challenged individuals and families should take advantage of **America Saves Week** to take steps to strengthen their financial condition. These could include a personal commitment to use government payments received this spring to reduce high-cost debt and increase savings.



Coast Guard Foundation Scholarships **(Open Season)**



The Coast Guard Foundation Scholarship Program is soliciting applications for the 2008-2009 Academic School Year.

Dependent children of active duty, retired, or deceased Coast Guard enlisted personnel, and dependent children of enlisted personnel in the Coast Guard Reserve currently on extended active duty 180 days or more, are eligible and encouraged to apply. Applicants are evaluated in the following categories: scholastic promise, motivation, moral character, leadership qualities, and good citizenship.

Commander Ronald J. Cantin Scholarship - This fund provides one non-renewable \$2500 scholarship for the 2008-2009 school year. **Deadline: 1 April 2008.** Apply Now!

Arnold Sobel Endowment Fund Scholarship - This fund offers renewable Sobel grants up to \$5,000.00 per year, as long as students, in the opinion of the scholarship committee, continues to qualify. **Deadline: 1 April 2008.** Apply Now!

Coast Guard Foundation Scholarships - This fund offers renewable Coast Guard Foundation \$2,500.00 to \$5,000.00 grants for each school year that students continue to qualify. This fund will provide nine or more scholarships for the 2008-2009 school year. **Deadline: 1 April 2008.** Apply Now!

Coast Guard Fallen Heroes Scholarship Fund. This fund honors Coast Guard members who have lost their life by providing educational scholarships to their children. The fund provides a \$5000 renewable scholarship for up to four years, as long as students continue to qualify. Please contact Ms. Yvette Wright, Coast Guard Scholarship Program Manager at (202) 475-5159 for additional information. **Deadline: No published deadline.**

How to Apply:

Applicants can compete for the Cantin, Sobel, and Foundation scholarships by completing one application packet, found at www.uscg.mil/worklife. Click on the key word "scholarships". This website also offers additional information pertaining to scholarship opportunities for *spouses, military children, and federal employees*.

Have Questions? Need Help?

For more information or assistance, please contact Karen Perkins, Family Resource Specialist at ISC Kodiak, Work Life. She may be reached (907) 487-5525 x 274.

Nutrition Facts



During National Nutrition Month®, the American Dietetic Association urges consumers to look beyond the myths of nutrition and focus on the facts. Remember, the theme for 2008 is *Nutrition: It's a Matter of Fact*

THE EXPERTS AT ADA HAVE IDENTIFIED THE FOLLOWING FACTS:

Eating right doesn't have to be complicated. Use Mypyramid.gov to develop a personalized plan for lifelong health.

The best nutrition advice is based on science. Before adopting any changes to your diet, be sure the information is based in scientific fact.

Get your food and nutrition facts from the expert: a registered dietitian. RDs are uniquely qualified to translate the science of nutrition into reliable advice you can use everyday.

Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.

Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories.

Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.

Prepare, handle, and store food properly to keep you and your family safe from food-borne illness.

Don't fall prey to food myths and misinformation that may harm rather than benefit your health.

Read food labels to get nutrition facts that help you make smart food choices quickly and easily.

Find the healthy fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.

**Chief of
Military
Police:**

**CWO Mark
Gilmore**



**Assistant
Chief:**

**CPO Patrick
Haughey**

911 or 487-5555

Military Police/Fire Calls for Feb 2008:

911 Hang ups	4	Vehicle Accidents	3
Animal Control	8	Breach of Peace	1
DUI	1	Fire Alarms	6
HazMat Spill	2	Lockouts	11
Lost & Found	5	Medical Assist	12
MedEvac	7	Missing Runaway	1
Power Outage	3	Suspicious Activity	4
Theft	2	Traffic Violations	8
Trouble Alarms	3	Unsecured Building	4
Vandalism	2	Vehicle/Personnel Assist	18

Seat Belts

This past month was Seatbelt Awareness Month. A survey conducted at the main gate revealed we were at 88% of us wear our seatbelt. This is well below the Commandant goal of 95%. Please be proactive and take that extra few seconds to buckle up your seatbelt even on those short trips.

Car seat safety

A startling care seat safety fact: 85% of all child safety seats are improperly installed. Please read your owner's manual to ensure your child's seat is properly installed.

Base Security Measures

Starting in March Military Police will be implementing additional random security measures around the base including: vehicle searches at the main gate, additional patrol time dedicated to driver safety measures, and personnel/property security measures. If you have any questions or concerns please feel free to call the Chief of Police.

"EVERYONE CONTRIBUTES"

Each day the Coast Guard protects the marine environment from threats ranging from pollution to illegal fishing. While marine protection operations are vigilantly underway along America's coasts and waterways, the Coast Guard has also taken on the challenge of reducing the impact it has on the environment from its day to day operations.

This effort can be clearly recognized on Kodiak Island which is home to nearly 3,000 Coast Guardsmen, their families and civilian employees. These individuals make up nearly one third of the island's total population, and add to the materials going into the community's landfill. While the Coast Guard community has the potential to add significantly to the amount of trash entering the environment, an award winning program was created to reduce the environmental footprint left by the Coast Guard on Kodiak.

On July 7th Integrated Support Command Kodiak received the Department of Homeland Security Environmental Achievement Award for its base wide recycling efforts at the large unit level. While the award recognized individuals and units throughout the Coast Guard on nearly all aspects of environmental conservation, the base here has excelled in recycling.



-USCG-

Recycle-1: KODIAK, Alaska - Chief Warrant Officer Steve Allbee, Integrated Support Command Kodiak recycling program director, stands in a pile of recyclables delivered to the local recycling station from Coast Guard Base Kodiak. ISC Kodiak was recognized on July 7 with the 2007 Department of Homeland Security Environmental Achievement Award for its recycling program. The program diverted more than half a million pounds of materials from local landfills in 2006. (Official U.S. Coast Guard photo by Petty Officer 3rd Class Richard Brahm.)

The program which was put in place in 1999 has diverted more than 3,586,000 pounds of recyclable materials from the local land fill. Last year the program expanded to include additional types of materials not previously recycled, thereby further increasing the amount of materials recycled.

"In 2006 alone, ISC recycled approximately 415,910 pounds of cardboard, 213,932 pounds of paper products, 21,008 pounds of plastics and 5,000 pounds of aluminum cans," explained Chief Warrant Officer Stephen Allbee, ISC Kodiak recycling program director. "Being able to divert that amount of recyclable materials from the land fill helps extend the life of the land fill and helps the community that we are all part of."

Acting not only as good stewards of the environment but also responsible managers of the taxpayers dollars the ISC Kodiak recycling program redirected \$32,812 of solid waste disposal fees toward recycling last year alone, Allbee explained. Although there is a cost to operate the recycling program, the materials themselves help to keep the program running. All of the recyclable materials are processed through the community recycling center and shipped off island for resale in the recycled materials market. Allbee added that the program is in place because it's the right thing to do, not because it's the cheapest thing in the short term.

While the Coast Guard produces its share of garbage, it has historically recycled more. In comparison to the rest of the islands population, the Coast Guard is responsible for one third to one half of the recyclables that leave the island, explained Rick Pillans, owner of Threshold Recycling in Kodiak.

"The Coast Guard does a lot for Kodiak especially by the large amount that they recycle, Pillans said. "They could just as easily throw it away and fill up the land fill and no one would know the difference, but they went out of their way and set up a great recycling program."

During fiscal year 2006 the amount of materials ISC Kodiak recycled reached almost 656,000 pounds; an increase of almost 450% more than that of 1999, Allbee noted. In order to make the recycling on the Coast Guard base even better Allbee added they are trying to make it easy for everyone by constantly improving the program.

"We try to put the dumpsters in easily assessable locations, as well as making sure all the housing residents have a blue recycle bin," he said.

Even though the Coast Guard is recycling a substantial amount, Allbee noted that even with that in mind there is always a lot of room for improvement.

Members of the Coast Guard community who would like more information about recycling and recycling locations on base should contact Chief Warrant Officer Steve Allbee at 487-5320 extension 257. Members of the Kodiak community who would like more information on recycling and drop off locations may contact Threshold Recycling at 486-6551.

Submission Policy:

Readers are welcome to submit articles and information to the ISC Executive Officer's Secretary, located in the Admin Building N-38, by sending e-mail to one of the below e-mail addresses. Copyrighted material cannot be accepted. The editor reserves the right to edit or omit requested submissions.

Deadline for submission is close of business on the 1st Wed of each month.

CG Global Directory:

Ecet, Annette GS

Internet:

annette.k.ecet@uscg.mil

This unofficial publication is published monthly on government equipment.

Distribution is by hand to numerous sites on base. The views and opinions expressed are not necessarily those of the Department of Homeland Security or the U. S. Coast Guard.